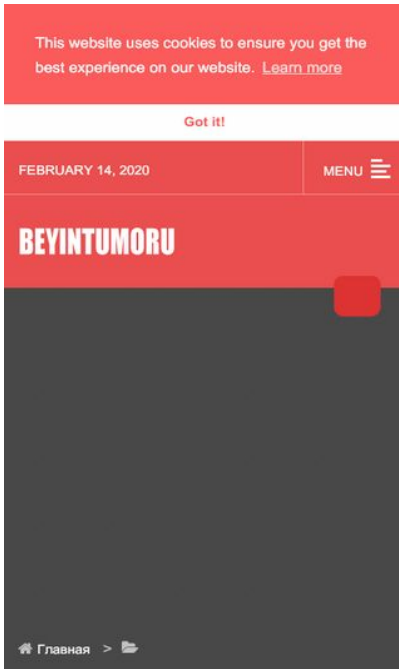


# PageSpeed Insights

## Mobile



63 / 100 Speed

 Should Fix:

### Eliminate render-blocking JavaScript and CSS in above-the-fold content

Your page has 12 blocking CSS resources. This causes a delay in rendering your page.

None of the above-the-fold content on your page could be rendered without waiting for the following resources to load. Try to defer or asynchronously load blocking resources, or inline the critical portions of those resources directly in the HTML.

[Optimize CSS Delivery](#) of the following:

- <https://beyintumoru.org/template/365days/css/animate.css>
- <https://beyintumoru.org/template/365days/css/bootstrap.css>
- <https://beyintumoru.org/template/365days/css/fonts.css>
- <https://beyintumoru.org/template/365days/css/font-awesome.css>
- <https://beyintumoru.org/template/365days/css/owl.carousel.css>

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- <https://beyintumoru.org/template/365days/css/owl.theme.default.css>
- <https://beyintumoru.org/template/365days/css/dl-menu.css>
- <https://beyintumoru.org/template/365days/css/weather.css>
- <https://beyintumoru.org/template/365days/css/flaticon.css>
- <https://beyintumoru.org/template/365days/css/venobox.css>
- <https://beyintumoru.org/template/365days/css/magnific-popup.css>
- <https://beyintumoru.org/template/365days/css/style.css>

## Optimize images

Properly formatting and compressing images can save many bytes of data.

[Optimize the following images](#) to reduce their size by 157KiB (79% reduction).

- Compressing and resizing <https://beyintumoru.org/img/health/try-these-remedies-to-get-your-voice-back-fast.jpg> could save 42.5KiB (88% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/the-latest-research-on-endometriosis-what-you-need-to-know.jpg> could save 28.9KiB (87% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/the-causes-of-cracked-skin-and-the-best-ways-to-treat-it-1.jpg> could save 28.5KiB (85% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/this-clinic-will-help-match-you-with-the-right-therapist-1.jpg> could save 21.1KiB (87% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/why-you-shouldnt-listen-to-ear-candling-claims.jpg> could save 20.4KiB (91% reduction).
- Compressing <https://beyintumoru.org/template/365days/img/background.jpg> could save 7.9KiB (95% reduction).
- Compressing <https://beyintumoru.org/img/health/glipizide-oral-tablet.jpg> could save 2.7KiB (13% reduction).
- Compressing <https://beyintumoru.org/template/365days/img/logo4.png> could save 2.5KiB (66% reduction).
- Compressing <https://beyintumoru.org/template/365days/img/logo.png> could save 2.5KiB (65% reduction).

## Consider Fixing:

### Leverage browser caching

Setting an expiry date or a maximum age in the HTTP headers for static resources instructs the browser to load previously downloaded resources from local disk rather than over the network.

[Leverage browser caching](#) for the following cacheable resources:

- <https://tpc.googlesyndication.com/sodar/sodar2.js> (50 minutes)
- <https://www.googletagservices.com/activeview/js/current/osd.js?cb=%2Fr20100101> (50 minutes)
- <https://mc.yandex.ru/metrika/advert.gif> (60 minutes)
- <https://mc.yandex.ru/metrika/tag.js> (60 minutes)
- <https://pagead2.googlesyndication.com/pagead/js/adsbygoogle.js> (60 minutes)

### Minify CSS

Compacting CSS code can save many bytes of data and speed up download and parse times.

[Minify CSS](#) for the following resources to reduce their size by 5KiB (18% reduction).

- Minifying <https://beyintumoru.org/template/365days/css/style.css> could save 2.3KiB (17% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/fonts.css> could save 501B (31% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/animate.css> could save 446B (11% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/dl-menu.css> could save 408B (20% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/owl.carousel.css> could save 309B

## Mobile

(27% reduction) after compression.

- Minifying <https://beyintumoru.org/template/365days/css/venobox.css> could save 298B (15% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/weather.css> could save 279B (20% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/magnific-popup.css> could save 233B (13% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/flaticon.css> could save 141B (32% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/owl.theme.default.css> could save 136B (27% reduction) after compression.

## Minify HTML

Compacting HTML code, including any inline JavaScript and CSS contained in it, can save many bytes of data and speed up download and parse times.

[Minify HTML](#) for the following resources to reduce their size by 459B (11% reduction).

- Minifying <https://tpc.googlesyndication.com/sodar/sodar2/206/runner.html> could save 459B (11% reduction) after compression.

## Minify JavaScript

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

[Minify JavaScript](#) for the following resources to reduce their size by 17.4KiB (29% reduction).

- Minifying <https://beyintumoru.org/template/365days/js/owl.carousel.js> could save 6.2KiB (35% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/jquery.magnific-popup.js> could save 3.9KiB (33% reduction) after compression.

## Mobile

- Minifying <https://beyintumoru.org/template/365days/js/bootstrap.js> could save 3.3KiB (24% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/modernizr.js> could save 1.2KiB (16% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/custom.js> could save 961B (29% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/weather.js> could save 740B (31% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/jquery.dlmenu.js> could save 577B (29% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/jquery.sticky.js> could save 512B (31% reduction) after compression.



### 4 Passed Rules

#### Avoid landing page redirects

Your page has no redirects. Learn more about [avoiding landing page redirects](#).

#### Enable compression

You have compression enabled. Learn more about [enabling compression](#).

#### Reduce server response time

Your server responded quickly. Learn more about [server response time optimization](#).

#### Prioritize visible content

You have the above-the-fold content properly prioritized. Learn more about [prioritizing visible content](#).

**90 / 100** User Experience Consider Fixing:

## Size content to viewport

The page content is too wide for the viewport, forcing the user to scroll horizontally. [Size the page content to the viewport](#) to provide a better user experience.

The page content is 780 CSS pixels wide, but the viewport is only 412 CSS pixels wide. The following elements fall outside the viewport:

- The element `` falls outside the viewport.
- The element `<a href="/alcohol-befor...kout-safe-1585">От счастливого...ения алкоголя?</a>` falls outside the viewport.
- The element `<ul class="ne_re_social1_wrapper">2019</ul>` falls outside the viewport.
- The element `<p>Что на самом д...м нужно знать.</p>` falls outside the viewport.
- The element `<ul class="ne_re_social2_wrapper qqq">Читать дальше</ul>` falls outside the viewport.
- The element `<a href="/cracked-skin-77">Причины потрес...обы ее лечения</a>` falls outside the viewport.
- The element `<p>Здоровье</p>` falls outside the viewport.
- The element `<a href="/how-to-get-yo...oice-back-5369">Попробуйте эти...уть свой голос</a>` falls outside the viewport.
- The element `<p>Здоровье</p>` falls outside the viewport.
- The element `<a href="/latest-endo-research-2891">Последние иссл...то нужно знать</a>` falls outside the viewport.
- The element `<p>Здоровье</p>` falls outside the viewport.
- The element `<a href="/clinic-match-...herapists-1924">Эта клиника по...щего терапевта</a>` falls outside the viewport.
- The element `<p>Здоровье</p>` falls outside the viewport.



4 Passed Rules

## Mobile

### Avoid plugins

Your page does not appear to use plugins, which would prevent content from being usable on many platforms. Learn more about the importance of [avoiding plugins](#).

### Configure the viewport

Your page specifies a viewport matching the device's size, which allows it to render properly on all devices. Learn more about [configuring viewports](#).

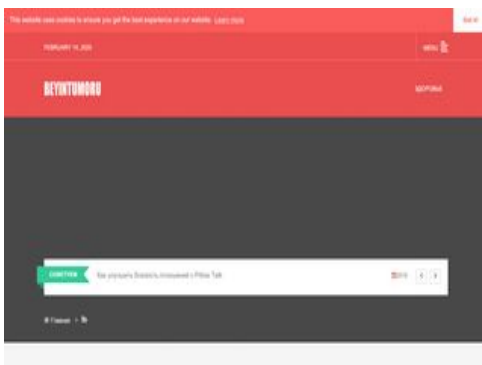
### Size tap targets appropriately

All of your page's links/buttons are large enough for a user to easily tap on a touchscreen. Learn more about [sizing tap targets appropriately](#).

### Use legible font sizes

The text on your page is legible. Learn more about [using legible font sizes](#).

## Desktop



**37 / 100** Speed

**!** Should Fix:

### Eliminate render-blocking JavaScript and CSS in above-the-fold content

Your page has 12 blocking CSS resources. This causes a delay in rendering your page.

None of the above-the-fold content on your page could be rendered without waiting for the following resources to load. Try to defer or asynchronously load blocking resources, or inline the critical portions of those resources directly in the HTML.

[Optimize CSS Delivery](#) of the following:

- <https://beyintumoru.org/template/365days/css/animate.css>
- <https://beyintumoru.org/template/365days/css/bootstrap.css>
- <https://beyintumoru.org/template/365days/css/fonts.css>
- <https://beyintumoru.org/template/365days/css/font-awesome.css>
- <https://beyintumoru.org/template/365days/css/owl.carousel.css>
- <https://beyintumoru.org/template/365days/css/owl.theme.default.css>
- <https://beyintumoru.org/template/365days/css/dl-menu.css>
- <https://beyintumoru.org/template/365days/css/weather.css>
- <https://beyintumoru.org/template/365days/css/flaticon.css>
- <https://beyintumoru.org/template/365days/css/venobox.css>
- <https://beyintumoru.org/template/365days/css/magnific-popup.css>
- <https://beyintumoru.org/template/365days/css/style.css>

### Optimize images

Properly formatting and compressing images can save many bytes of data.

[Optimize the following images](#) to reduce their size by 1.6MiB (83% reduction).

- Compressing and resizing <https://beyintumoru.org/img/health/why-do-i-get-night-sweats-during-my-period.png> could save 366.7KiB (88% reduction).



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- Compressing and resizing <https://beyintumoru.org/img/health/hiv-and-cancer-risks-types-and-treatment-options.png> could save 268.4KiB (88% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/how-to-exercise-to-bulk-up-and-shape-your-body-5.gif> could save 122.6KiB (71% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/nasal-vestibulitis.jpg> could save 67.1KiB (89% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/kidney-pain-vs.-back-pain-how-to-tell-the-difference.jpg> could save 54.5KiB (77% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/how-does-crohns-disease-affect-the-eyes.jpg> could save 50KiB (76% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/the-pros-and-cons-of-redshirting-what-you-should-know-1.jpg> could save 49.2KiB (90% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/what-is-a-widowmaker-heart-attack.jpg> could save 48.7KiB (87% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/try-these-remedies-to-get-your-voice-back-fast.jpg> could save 42.5KiB (88% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/health-benefits-of-rose-geranium-oil.jpg> could save 39.4KiB (89% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/alopecia-barbae-how-to-treat-bald-spots-on-your-beard.jpg> could save 38.9KiB (86% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/is-it-sanitary-to-reuse-bath-towels-what-you-need-to-know.jpg> could save 37.8KiB (89% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/is-it-a-cyst-or-a-boil-learn-the-signs.jpg> could save 33.1KiB (91% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/the-fuel-good-keto-happy-shopping-list-for-beginners-6.jpg> could save 32.1KiB (64% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/7-physical-symptoms-that-prove-depression-is-not-just-in-your-head.jpg> could save 32KiB (82% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/why-is-my-butt-leaking.jpg> could save 30.1KiB (90% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/the-latest-research-on-endometriosis-what-you-need-to-know.jpg> could save 28.9KiB (87% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/want-to-make-your-own-charcoal-mask-check-out-these-3-diy-recipes-1.jpg> could save 28.6KiB (66% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/the-causes-of-cracked-skin-and-the-best-ways-to-treat-it-1.jpg> could save 28.5KiB (85% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/bruised-lung-pulmonary->

## Desktop

contusion.jpg could save 27.7KiB (84% reduction).

- Compressing and resizing <https://beyintumoru.org/img/health/fracture-blisters.jpg> could save 26.5KiB (86% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/understanding-rapid-cycling-bipolar-disorder.jpg> could save 24.7KiB (83% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/how-constipation-feels.jpg> could save 24.1KiB (87% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/understanding-your-pain-relief-options-with-endometriosis.jpg> could save 22.8KiB (81% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/this-clinic-will-help-match-you-with-the-right-therapist-1.jpg> could save 21.1KiB (87% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/4-benefits-of-keeping-a-symptom-diary-to-manage-parkinsons-disease.jpg> could save 21KiB (61% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/why-you-shouldnt-listen-to-ear-candling-claims.jpg> could save 20.4KiB (91% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/using-coconut-oil-to-treat-rosacea.jpg> could save 17.5KiB (62% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/the-best-bipolar-disorder-blogs-of-2019.jpg> could save 15.6KiB (59% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/glipizide-oral-tablet.jpg> could save 15.6KiB (70% reduction).
- Compressing <https://beyintumoru.org/template/365days/img/background.jpg> could save 7.9KiB (95% reduction).
- Compressing <https://beyintumoru.org/template/365days/img/logo4.png> could save 2.5KiB (66% reduction).
- Compressing <https://beyintumoru.org/template/365days/img/logo.png> could save 2.5KiB (65% reduction).
- Compressing <https://beyintumoru.org/img/health/tongue-condoms-what-you-need-to-know-1.jpg> could save 1KiB (12% reduction).

### Consider Fixing:

Leverage browser caching

## Desktop

Setting an expiry date or a maximum age in the HTTP headers for static resources instructs the browser to load previously downloaded resources from local disk rather than over the network.

[Leverage browser caching](#) for the following cacheable resources:

- <https://www.googletagservices.com/activeview/js/current/osd.js?cb=%2Fr20100101> (50 minutes)
- <https://mc.yandex.ru/metrika/advert.gif> (60 minutes)
- <https://mc.yandex.ru/metrika/tag.js> (60 minutes)
- <https://pagead2.googlesyndication.com/pagead/js/adsbygoogle.js> (60 minutes)

## Minify CSS

Compacting CSS code can save many bytes of data and speed up download and parse times.

[Minify CSS](#) for the following resources to reduce their size by 5KiB (18% reduction).

- Minifying <https://beyintumoru.org/template/365days/css/style.css> could save 2.3KiB (17% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/fonts.css> could save 501B (31% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/animate.css> could save 446B (11% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/dl-menu.css> could save 408B (20% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/owl.carousel.css> could save 309B (27% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/venobox.css> could save 298B (15% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/weather.css> could save 279B (20% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/magnific-popup.css> could save 233B (13% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/flaticon.css> could save 141B (32% reduction) after compression.

## Desktop

- Minifying <https://beyintumoru.org/template/365days/css/owl.theme.default.css> could save 136B (27% reduction) after compression.

## Minify JavaScript

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

[Minify JavaScript](#) for the following resources to reduce their size by 17.4KiB (29% reduction).

- Minifying <https://beyintumoru.org/template/365days/js/owl.carousel.js> could save 6.2KiB (35% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/jquery.magnific-popup.js> could save 3.9KiB (33% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/bootstrap.js> could save 3.3KiB (24% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/modernizr.js> could save 1.2KiB (16% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/custom.js> could save 961B (29% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/weather.js> could save 740B (31% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/jquery.dlmenu.js> could save 577B (29% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/jquery.sticky.js> could save 512B (31% reduction) after compression.



5 Passed Rules

## Avoid landing page redirects

Your page has no redirects. Learn more about [avoiding landing page redirects](#).

## Enable compression

You have compression enabled. Learn more about [enabling compression](#).

## Reduce server response time

Your server responded quickly. Learn more about [server response time optimization](#).

## Minify HTML

Your HTML is minified. Learn more about [minifying HTML](#).

## Prioritize visible content

You have the above-the-fold content properly prioritized. Learn more about [prioritizing visible content](#).